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*Welcome to the 3rd issue, Volume 3, of **InfiniSynechis**, a monthly publication of Fearless Hearts Foundation*

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

The Fundamental Things

Bathed in Abundance

Everyone who is alive is bathed in abundance. The majority of us don't take the time to appreciate it, but very simply, just to be alive is a gift. Every birth is a miracle.

How do we begin to appreciate being alive?

By becoming more attentive. For example the next time you see a sunset, notice the different hues of colors in the sky.

1. Look at your body

Do you have

eyes to see?

ears to hear?

nose to breathe?

tongue to taste?

a healthy skin?

2. Take a few minutes to look around you. What do you see?

Do you have a roof over your head?

Clean air to breathe?

Clean water to drink?

Some food to eat?

A bed to sleep on at night?

3. Now look outside

Do you have clean air?

A view of something beautiful?

Is the sun shining?

At night, can you see the moon and the stars?

If you answered yes to everything in #1 then you can appreciate and enjoy the generosity of the universe.

Beauty is everywhere. You simply have to look. Even the flowers of a weed are beautiful.

Listen to the birds. If you listen carefully, sometimes you will hear that the birds are “talking to each other” and at times they create a “symphony”.

Eyes to appreciate beauty, to appreciate the sun shining in the day and the moon and the stars at night.

Ears to hear nature sing to you : the cicadas chirping, the birds singing, the rustling of the leaves when the wind blows, classical music

Nose to breathe, smell the fragrance of the flowers or the smell of something cooking

Tongue to taste even the simplest meal

Skin to protect you from foreign bodies

The body is a wonderfully constructed mechanism, where at any single moment, thousands of chemical reactions occur. Most importantly, it has the ability to self-repair. If we take reasonable care of it, we may be able to use it for a long time. It is nevertheless, no more than a garment which allows us to interact with our environment.

All of the sensory information we receive is processed by the brain. The two hemispheres of the brain allows us to use it for different groups of abilities.

We use the right hemisphere for creativity: music appreciation, poetry, art and art appreciation and the left hemisphere for analytical/mathematical logical tasks.

A more detailed description of the left and right hemispheres can be found here.

<https://www.brainobrain.cz/en/2016/06/26/integrating-the-two-hemispheres-of-the-brain/>

The brain within the body is the receptacle of the mind, and mind and the body are intimately connected; however, while physically it is the brain that directs the autonomous functions of the body, there is still another component that animates the being.

People have named this third factor as soul, spirit, consciousness.

Both the body and the brain can be sustained artificially as in the case of medical coma.

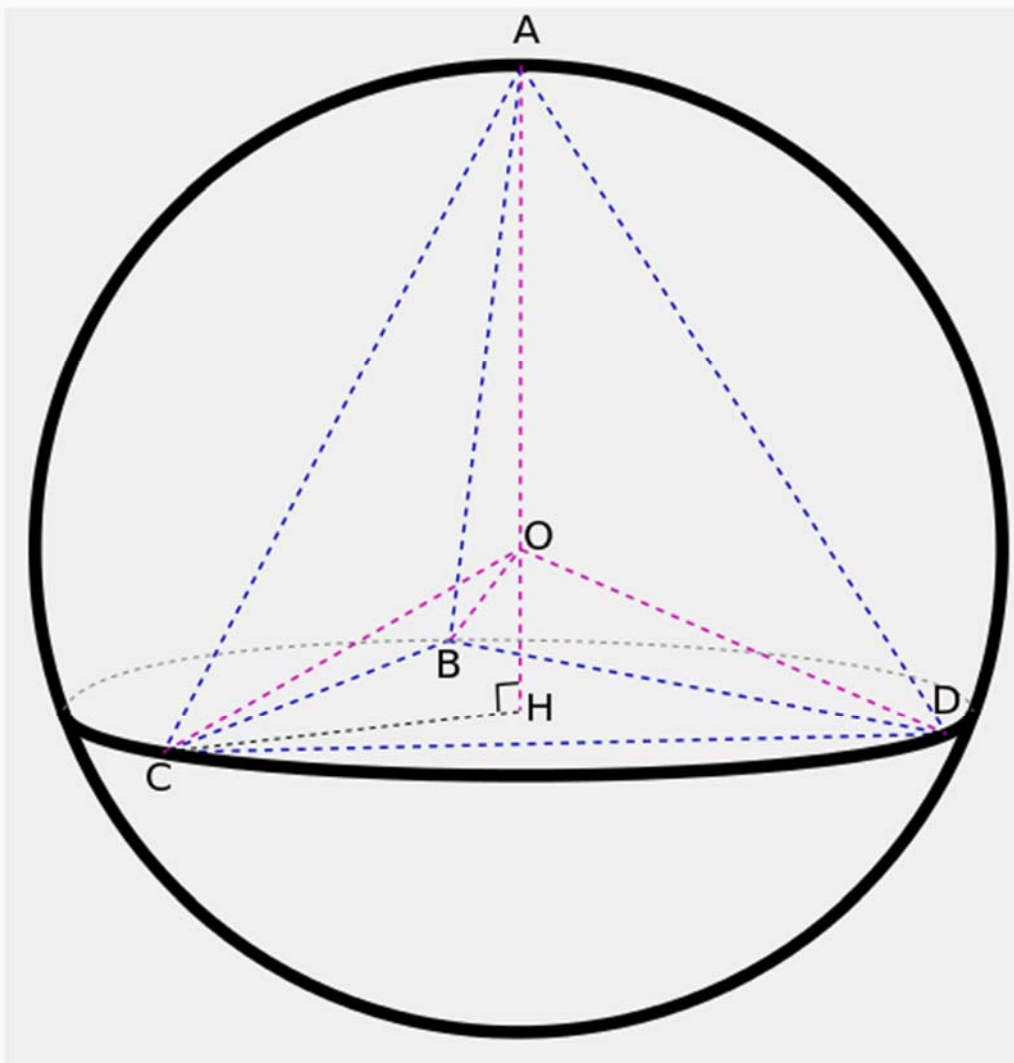
Perhaps a simple analogy would be that of a computer, the human body being an organic and evolving hardware, the mind containing both memory and software and the soul/spirit is the collection of signals.

As an individual you are in effect a mindbody animated by something that is non-material in the sense that it cannot be measured physically at the present time.

Some people do not believe in this non-material entity, however, believe in this third factor this is the basis of the major religions in the world.

The mystics identify a fourth factor which governs all of life/existence, the Tao, which is unknowable and un-nameable.

In the illustration below, mindbody and soul/spirit/consciousness are the points of a tetrahedron and the Tao is the sphere that encloses it.



https://commons.wikimedia.org/wiki/File:Regular_tetrahedron_inscribed_in_a_sphere.svg

No matter where we are in the spiritual evolution or awakening we can begin by appreciating our lives. Life in its utmost totality is a gift.

This article is posted on the blog pages of Fearless Hearts Foundation

<https://fearlessheartsfoundation.org/fhf-blog/bathed-in-abundance>

Philanthropy

Notable Philanthropists: Carlos Slim Helú

Carlos Slim Helú of Mexico founded three nonprofit foundations concentrating on Mexico City: one for the arts, education, and health care; one for sports; and one for downtown restoration.

Established in 1986, Fundación Carlos Slim [es] sponsors the Museo Soumaya in Mexico City, named after Slim's late wife, Soumaya Domit, opened in 2011.

It holds 66,000 pieces, including religious relics, contains the world's second-largest collection of Rodin sculptures, including The Kiss, the largest Salvador Dalí collection in Latin America, works by Leonardo da Vinci, Pablo Picasso, Pierre-Auguste Renoir, and coins from the viceroys of Spain.

Slim has expressed firm support for philanthropy and has advised budding entrepreneurs that businessmen must do more than give—they "should participate in solving problems"

https://en.wikipedia.org/wiki/Carlos_Slim

Business Insights*

Fundamentals of Being in Business

Life is unpredictable.

Aaron Dinin discusses a reason startups fails

<https://medium.com/swlh/i-wish-someone-had-warned-me-about-the-real-reason-most-startups-fail-fd01bd96f908>

Aaron Dinin is a Software Engineer, has a Ph.D, in English and teaches Entrepreneurship at Duke University. His website is <https://aarondinin.com/>

Fundamentals of Being in Business

Dave Ramsey publishes a newsletter with excellent articles on all aspects of financial planning <https://www.ramseysolutions.com/newsletter>

Wall Street Opinions

Matt Levine is a lawyer and former banker at Goldman Sachs. He writes for Bloomberg. You can sign up for newsletters on this page. <https://www.bloomberg.com/opinion?>

Business Ideas: Adjusting to the Current Business Climate

One of the reasons the big companies such as Amazon have greatly expanded is their ability to adjust to current business climate, the ability to adjust to both market and consumer demands.

Commentary

A company's greatest asset is their ability to attract good employees AND retain them

*Forbes has just published a list of big and mid sized corporations in the US
Forbes' annual list of [America's Best Employers 2022](#).*

*For the list of big employers (greater than 5, 000 employees) the link is here
<https://www.forbes.com/lists/best-large-employers/?sh=767ffe37b665>*

For the list of mid sized companies (between 1,000 and 5,000 employees) see link below

<https://www.forbes.com/lists/best-midsize-employers/?sh=5adc0d31210f>

**We have created a dot com website dedicated to uplifting the human spirit, as well as educational materials related to business.
<https://fearlessheartsfoundation.com>*

**Disclaimer : The information provided in this section of InfiniSynechis is for educational purposes only and not to be considered as Financial Advice.*

Fundraising Announcement

Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the weblink below

<https://fearlessheartsfoundation.org/donate>

Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for review.

You can download the pdf file of this newsletter here

download pdf

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